

How did I get Fit?

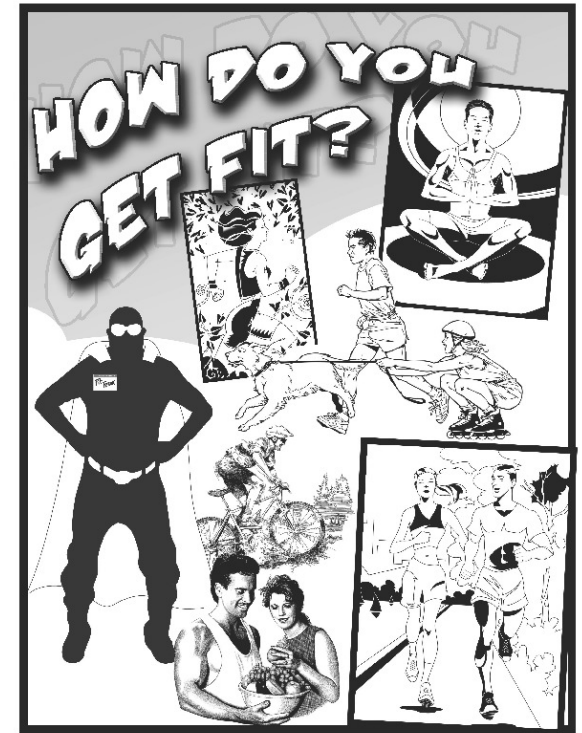
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A Few Helpful Resources

- Hiking <http://www.parks.ky.gov/trails/Default.htm> (may be great Fit Frank photo spots)
- KY Proud www.kyproud.com
- Spark People www.sparkpeople.com
- American Council on Exercise <http://www.acefitness.org/getfit/default.aspx>
- Small Steps www.smallstep.gov
- Converting activities to calories burned <http://personnel.ky.gov/dei/wellness/getactive.htm> click 'Burn Those Calories'
- Centers for Disease Control <http://www.cdc.gov/nccdphp/sgr/adults.htm>

Journey to Wellness Fit Frank Fitness Challenge Instructions

1. You, or the young person of your choice, personalize your Fit Frank by coloring him or her, adding hair, clothes, and all the flare you choose.
2. Between June 14th and July 11th, 2010, log the healthy activity of your choice each day on the lines provided on your Fit Frank brochure.
3. Take pictures of Fit Frank in the places you go to get moving and be healthy. Examples: washing the car, on a hike, in the garden, doing chair exercises, at yoga, visiting the farmers' market, etc.
4. At the completion of the challenge mail your Fit Frank and photos to: Stephanie Marshall, KSOB 2nd floor, 501 High St. Frankfort, KY 40601 or email to fit.frank@ky.gov and put Fit Frank in the subject line. All materials must be received by July 23rd. Only one Fit Frank per participant please.
5. There are three categories in which to win a prize:
 - One winner will be selected for the best Fit Frank design, like a coloring contest.
 - One winner will be selected for the best Fit Frank photo.
 - Fourteen winners will be selected through a random prize drawing. You will be entered into the prize drawing one time for each daily activity you log (maximum of 28 entries). Prize winners will be notified by August 4th, 2010.
6. Employees are encouraged to include family members in activities; however please understand that family members are NOT eligible to win prizes unless they are also a state agency employee.

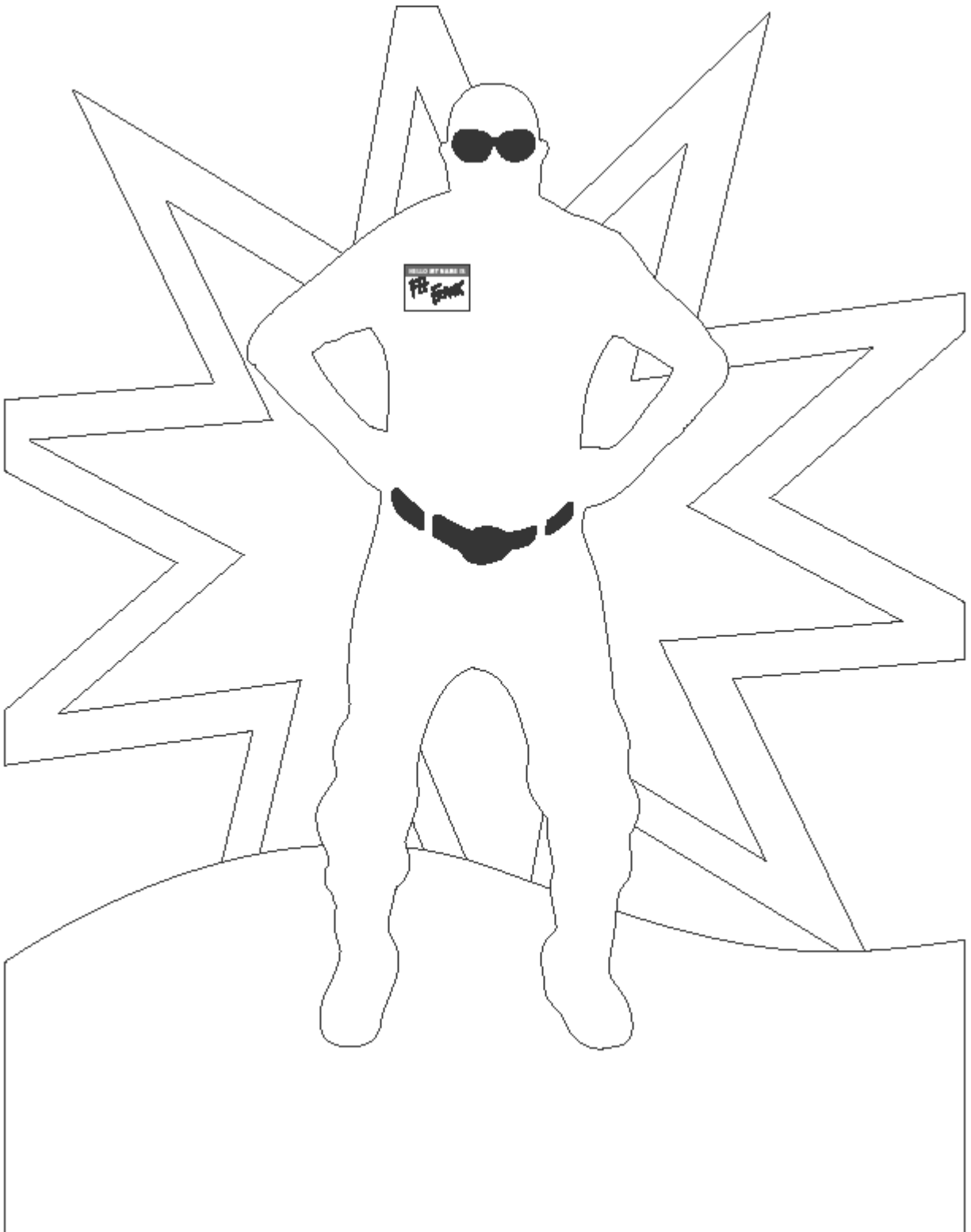


The Fit Frank Fitness Challenge is brought to you by:



Please visit
www.kymainstreetchallenge.com
For another exciting family fitness challenge
May 28th—September 6th





Personalize your Fit Frank by coloring him or her, adding hair, clothes, and all the flare you choose.

Participant Information

Name: _____ Cabinet: _____

Agency Location (City): _____ Work Phone: _____

Home Phone: _____ Email: _____

Turn in your Fit Frank and photos by JULY 23, 2010 via mail to Stephanie Marshall, Personnel Cabinet KSOB 2nd Floor, 501 High St. Frankfort, KY 40601 or via email to fit.frank@ky.gov, for a chance to win a prize. Winners will be notified by August 4, 2010.